

Swim, Run, Play at the WARF!

800 Waterloo Road · Warrenton, Virginia 20186 · (540)349-2520 · www.warrentonva.gov

MEMBER *Focus*

FEBRUARY 2011

A newsletter published monthly by
the Town of Warrenton Parks & Recreation Department
and the Warrenton Aquatic and Recreation Facility

Spring 2011 AQUATICS



From Learn to Swim to Lifeguard Certification Classes, the Warrenton Aquatic and Recreation Facility's Spring 2011 Aquatics lineup has it all. Classes are available for all ages and ability levels, from Parent & Child classes to adult and Fitness Swimmer classes. Pick up the Spring 2011 Aquatics and Specialty Aquatics brochures at the Front Desk for more information. Members can register now for Blocks 1 and 2. Members can register starting March 1 for Block 3, April 5 for Blocks 4 and 5.

Register Now for Specialty Classes

Summer Prep

The WARF's Summer Prep Program is designed to help swimmers with past swim team experience prepare for upcoming summer swim seasons. Participants will work on stroke improvement, mechanics, turns, endurance and more!

Class starts March 22.

WSI Class

Become a Red Cross Certified WSI (Water Safety Instructor) and be able to teach water safety, including Water Rescue courses, six levels of Learn to Swim classes and Parent and Child Aquatics. American Red Cross Instructors are in demand throughout the country and certification is recognized nationwide.

Class starts April 8.

Lifeguard Classes

Get American Red Cross Lifeguard certified at the WARF and have the opportunity to work in a variety of exciting aquatic settings!

Classes start March 18, April 18, May 13 and June 20.

CPR/AED Recertifications for Lifeguards

Renew your CPR/AED Certification.

**Classes being held March 2, April 6, April 26,
May 10, May 26 and June 7.**

February Membership Special

SAVE \$60!

**Sign up for an annual membership paid on
a monthly credit card payment plan and
your initial processing fee will be waived!**

Not valid with any other offer or promotion. Limit one discount per customer. Only initial \$60 processing fee will be waived.



The WARF Welcomes Comfort Inn

The Warrenton Aquatic and Recreation Facility would like to welcome the Comfort Inn of Warrenton as its newest corporate sponsor and preferred hotel provider.

Mention the WARF when making a reservation to receive a special discounted rate!

7379 Comfort Inn Dr.
Warrenton, VA, 20187-7939
Phone: (540) 349-8900

WARF Welcomes New Fitness Instructors

Cindy Nichols

Cindy has lived in Warrenton for over 20 years, practicing yoga for 15+ years. A mother of 3, she enjoys finding more time for traveling with her family, tennis and knitting now that her children are grown. Cindy teaches the Balanced Living Yoga class Wednesdays at 11:30.

In this class you will have the opportunity to bring balance postures, balanced breath, and a balanced body into your daily life. This class is designed to be very gentle with chairs available for assistance, if needed.



Lisa Slevin

Lisa just recently moved to the area from upstate New York. She has been in the fitness industry for five years. She enjoys running, biking and swimming and looks forward to training in the area. Lisa teaches cycle and sculpt at the WARF, Cycle Mondays at 7:30 pm and Saturdays at 8:30 am. She teaches Sculpt Saturdays at 9:30 am.



February Swim Meet Schedule

Please keep in mind that unless otherwise noted, **ONLY** the Competition Pool will be closed during swim meets.

Wednesday, Feb. 2	6:00 pm - 11:00 pm	Evergreen Districts
Saturday, Feb. 12*	8:00 am - 6:00 pm	Curl Burke Swim Meet
Sunday, Feb. 13*	8:00 am - 6:00 pm	Curl Burke Swim Meet

*Aquatics Level Closed - Members may use Freedom Center or Chinn Center these days by presenting their WARF Membership Scan Card.

Special Slide Hours

The following are days that the slide will be open due to scheduled closings of Fauquier County Public Schools.

Monday, February 21	1:00 pm - 5:45 pm
---------------------	-------------------



at the WARF



Chick-fil-A at the WARF offers a variety of menu items to choose from:

Salads, Wraps, Fruit Cups, Yogurt Parfaits and our Original Chick-fil-A Chicken Sandwich to name just a few. For Coffee lovers we have our regular 100% Colombian Coffee and sweet tea will be coming soon!

Stop by and see us, you'll recognize that smile and service you've come to love and great food of course!

Hours of Operation

Monday - Friday	12:00 pm - 3:00 pm 4:00 pm - 8:00 pm
Saturdays	11:00 - 4:00 pm
Sundays	Closed

We will also be open during special swim meets and special events throughout the year.